

ALCOHOL/%BAC/BODY REACTION

It's been a long day at work, and you decide to go out to ease the tension. You've been drinking since 6:00 p.m., and it's now 1:00 a.m. Let's say you were smart enough to let someone sober drive you home or perhaps someone put you in a cab. So you've made it home, but at 2:00 a.m. you're going to bed intoxicated with a BAC of .190%. Since alcohol leaves the blood at .015% per hour, let's see what happens over the next 10 hours...

**"Guess I'll Just
Sleep It Off"...**

GUESS AGAIN!



TIME	% BAC	BODY REACTION
2:00 AM	.190	Get into bed, fight off the whirlies.
3:00 AM	.175	Sleeping
4:00 AM	.160	You wake up with a pounding headache and take aspirin.
5:00 AM	.145	Sleeping
6:00 AM	.130	Alarm startles you awake. Reluctantly, you get up for work.
7:00 AM	.115	You leave for work, wondering why the keys won't fit in the lock.
8:00 AM	.10	You've miraculously made it to work, but you're still legally intoxicated.
9:00 AM	.085	You hope coffee will ease your "cotton mouth" then spill it.
10:00 AM	.070	You leave for your first call, still could be arrested for DUI.
11:00 AM	.055	You're with your client, feeling a bit shaky.
12:00 NOON	.04	Still under the influence.